

Carrots, raw

Refuse: 11% (Crown, tops and scrapings)

Scientific Name: *Daucus carota*

Common Name: *Includes USDA commodity food A099*

NDB No: 11124 (Nutrient values and weights are for edible portion)

Nutrient	Units	1 X 1 cup chopped ----- 128g	.25 X 1 cup grated ----- 27.5g
Proximates			
Water	g	113.01	24.28
Energy	kcal	52	11
Energy	kJ	221	48
Protein	g	1.19	0.26
Total lipid (fat)	g	0.31	0.07
Ash	g	1.24	0.27
Carbohydrate, by difference	g	12.26	2.63
Fiber, total dietary	g	3.6	0.8
Sugars, total	g	6.07	1.30
Sucrose	g	4.60	0.99
Glucose (dextrose)	g	0.76	0.16
Fructose	g	0.70	0.15
Lactose	g	0.00	0.00
Maltose	g	0.00	0.00
Galactose	g	0.00	0.00
Starch	g	1.83	0.39
Minerals			
Calcium, Ca	mg	42	9
Iron, Fe	mg	0.38	0.08
Magnesium, Mg	mg	15	3
Phosphorus, P	mg	45	10
Potassium, K	mg	410	88
Sodium, Na	mg	88	19
Zinc, Zn	mg	0.31	0.07
Copper, Cu	mg	0.058	0.012
Manganese, Mn	mg	0.183	0.039
Fluoride, F	mcg	4.1	0.9
Selenium, Se	mcg	0.1	0.0
Vitamins			
Vitamin C, total ascorbic acid	mg	7.6	1.6
Thiamin	mg	0.084	0.018

Riboflavin	mg	0.074	0.016
Niacin	mg	1.258	0.270
Pantothenic acid	mg	0.349	0.075
Vitamin B-6	mg	0.177	0.038
Folate, total	mcg	24	5
Folic acid	mcg	0	0
Folate, food	mcg	24	5
Folate, DFE	mcg_DFE	24	5
Choline, total	mg	11.3	2.4
Betaine	mg	0.5	0.1
Vitamin B-12	mcg	0.00	0.00
Vitamin B-12, added	mcg	0.00	0.00
Vitamin A, RAE	mcg_RAE	1069	230
Retinol	mcg	0	0
Carotene, beta	mcg	10605	2278
Carotene, alpha	mcg	4451	956
Cryptoxanthin, beta	mcg	0	0
Vitamin A, IU	IU	21384	4594
Lycopene	mcg	1	0
Lutein + zeaxanthin	mcg	328	70
Vitamin E (alpha-tocopherol)	mg	0.84	0.18
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.01	0.00
Tocopherol, gamma	mg	0.00	0.00
Tocopherol, delta	mg	0.00	0.00
Vitamin K (phylloquinone)	mcg	16.9	3.6

USDA National Nutrient Database for Standard Reference, Release 21 (2008)